PREVENT THE SPREAD

Be ready for the flu and other communicable diseases in the workplace.

Help prevent the spread with these simple and effective tips to protect yourself, and others, against viruses:

Wash your hands often, for at least 20 seconds with antibacterial soap.

Cover your mouth and nose with a tissue when you cough or sneeze, or cough into your elbow.

Regularly disinfect all surfaces, equipment, and tools.

Ensure PPE is worn properly as required.

Avoid touching your eyes, nose, or mouth.
Germs on your hands can transfer into your body.

Stay home when you are ill or not feeling well. Ensure you are aware of your company's call-in sick procedures (who to report to etc.).

Provide hand washing facilities and extra sanitizing stations in key places.

Ensure controls are in place and everyone is aware of the controls to help prevent the spread of communicable diseases.

Make sure ventilation systems are working properly and are regularly inspected and maintained.